

AFTERSCHOOL SNACK PROGRAM MEAL PATTERN REQUIREMENTS



Select two different components from the four listed	Minimum Serving Size
Milk, fluid	1 cup
Meat or meat alternate.....	1 ounce
Juice or fruit or vegetable.....	$\frac{3}{4}$ cup
Bread and/or cereal: Enriched or whole grain bread or..... Cold dry cereal or..... Hot cooked cereal.....	1 slice $\frac{3}{4}$ cup* $\frac{1}{2}$ cup

Note: Because after school snacks are available for children through the age of 18 years, additional foods may be needed to meet the calorie and nutrient needs of children ages 13-18 years. Consider adding one additional food component to the snack served to this age group.

Note: Yogurt may be used as meat/meat alternate. You may serve 4 ounces (weight) or $\frac{1}{2}$ cup (volume) of plain, or sweetened and flavored yogurt to fulfill the equivalent of 1 ounce of the meat/meat alternate component.

Note: Vegetable and fruit juices must be served full strength. **Juice may not be served when milk is served as the other component.**

Caution: Children under five years of age are at a high risk of choking. The USDA recommends that nuts and/or seeds be served to these children ground or finely chopped in a prepared food.

* $\frac{3}{4}$ cup (volume) or 1 ounce (weight), whichever is less